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vegan

recipe book

FOREWARD

Thank you for picking up the official UFO® Vegan Recipe Book!

We have hand selected a variety of easy to make plant-based breakfasts, lunches, smoothies and desserts that we are eager to share with you. We hope to inspire a vast array of eaters, from the most devout vegans to the flexitarians and plant-based beginners! Most of the recipes include our signature clean label, USDA organic dairy alternative; UFO® Hemp milk.

UFO® is a unique non-dairy milk blend of Hemp hearts, Oats and Chia seeds, free of gums and stabilizers. Born in Southern California, we purposefully designed UFO® to be a delicious eco-friendly beverage that replicates the taste, texture and nutritive density of dairy milk.

Our mission is to provide everyone with a healthy plant-based alternative to dairy. By consuming more plant-based foods, we reduce our environmental footprint and lead healthier lives.

When we first created UFO® in 2019, we did so with the intention of creating a product and company that could disrupt the status quo of the current food systems. As we learned that 33% of greenhouse gas emissions are caused by industry and agriculture, we realized that no matter how many showers we skipped, bottles we recycled or straws we didn't use, as individuals it would be very difficult to make any significant impact.

Livestock farming amounts for 25% of agricultural greenhouse gas emissions, not to mention deforestation, excessive water usage, animal suffering and the spread of food born illnesses; much like what we all recently experienced with the global spread of COVID-19.

We now know that the single most effective thing any one person can do to positively impact human caused climate change, is to switch to a plant-based diet. Subsequently, we have taken it upon ourselves to tackle climate change one glass of milk at a time. By offering a delicious, rich and creamy alternative to dairy milk, we are striving to have a small impact on this BIG problem by working together with you to help sustain a more livable world for future generations.

Sincerely,

Drew and Daniel

UFO® Co-Founders

RECIPES

BREAKFAST RECIPES

GLUTEN-FREE VEGAN PANCAKES | 5

FRENCH TOAST WITH CARAMELIZED BANANAS | 7

AVOCADO TOFU TOAST | 10

VEGAN BREAKFAST SKILLET | 12

BLUEBERRY PANCAKES | 14

HOT BREAKFAST OATMEAL | 16

LUNCH RECIPES

VEGAN CORN CHOWDER | 19

ONE PAN MEXICAN QUINOA | 21

SWEET POTATO BLACK BEAN CHILI | 23

VEGAN TIKKA MASALA WITH CAULIFLOWER | 25

SALAD SPRING ROLLS | 28

WILD RICE BURRITO BOWL | 30

LENTIL SHEPARD'S PIE | 32

ZUCCHINI SOUP | 34

GRILLED CORN SALAD | 36

QUINOA-STUFFED AVOCADOS | 38

SMOOTHIE RECIPES

MANGO CHIA SEED SMOOTHIE | 41

PEANUT BUTTER SMOOTHIE | 42

BLUEBERRY OATS SMOOTHIE | 45

PUMPKIN SPICE SMOOTHIE | 47

KALE PINEAPPLE SMOOTHIE | 49

PINEAPPLE PARADISE SMOOTHIE | 51

BANANA COCOA SMOOTHIE | 53

MATCHA GREEN TEA SMOOTHIE | 55

DESSERT RECIPES

CLASSIC PEANUT BUTTER COOKIES | 58

VEGAN SNICKERDOODLES | 60

CHOCOLATE CHIP COOKIES | 62

FRESH CRANBERRY RELISH | 64



BREAKFAST RECIPES



GLUTEN-FREE VEGAN PANCAKES



PREP: 5 MINS | COOK: 15 MINS | TOTAL: 20 MINS | SERVES: 2-4

GLUTEN-FREE VEGAN PANCAKES

INGREDIENTS

1 cup gluten-free all-purpose flour	2 tbsp coconut oil
1 tbsp granulated coconut sugar	Vegetable or coconut oil, for frying
1 tbsp baking powder	Maple syrup, for serving
¼ tsp salt	Fresh fruit, for serving (example: bananas, berries etc.)
1 cup UFO® unsweetened hemp milk	

DIRECTIONS

Add flour, coconut sugar, baking powder and salt to a large bowl and mix. Add UFO® unsweetened hemp milk and coconut oil and mix until smooth.

In a large skillet over medium-low heat, heat the oil. With a ¼ cup measure, pour the dough into the pan.

Cook for 2 to 3 mins and turn when you see bubbles forming around the edges of the pancakes.

Cook 2 to 3 more mins on the opposite side, until golden brown.

When all dough has been used, serve with maple syrup and toppings of your choice.

FRENCH TOAST WITH CARMELIZED BANANAS



PREP: 8 MINS | COOK: 20 MINS | TOTAL: 28 MINS | SERVES: 4

FRENCH TOAST WITH CARMELIZED BANANAS

INGREDIENTS

FOR THE FRENCH TOAST

1 cup UFO® unsweetened hemp milk

1 ripe medium banana, sliced

2 tbsp pure maple syrup

1 tsp vanilla extract

1 tbsp chia seeds

1 tsp ground cinnamon

¼ tsp kosher salt

8 slices whole grain (gluten-free) sandwich bread

¼ cup plus 2 tbsp coconut oil

FOR THE CARMELIZED BANANAS

2 medium bananas, thickly sliced on the diagonal

¼ cup coconut sugar

TO SERVE

Pure maple syrup

DIRECTIONS

MAKE THE FRENCH TOAST

Set the oven to its lowest temperature or the warm setting.

Pour UFO® unsweetened hemp milk, banana, maple syrup, vanilla, chia seeds, cinnamon, and salt into your blender and blast on high for about 30 seconds, until well combined. Pour the mixture into a large shallow baking dish and let rest for about 5 mins to thicken slightly.

In batches, place slices of the bread in the baking dish and let soak on one side for 8 to 10 seconds. Flip the slices and let soak for another 8 to 10 seconds, until evenly moistened.

In a medium skillet (that fits two slices of bread) or on a large griddle (that holds all of the slices) over medium heat, warm 1-2 tbsp of coconut oil per two slices of bread.

Add the bread and fry for 4 to 6 mins on each side, until golden brown and crispy on the edges; you may need to add more coconut oil after you flip the bread. If cooking in batches, transfer the French toast to a lined baking sheet and place in the oven to keep warm, and repeat to fry the remaining bread, adding more coconut oil to cook each batch.

MAKE THE CARAMELIZED BANANAS

While the last pieces of toast are cooking, make the caramelized bananas. Combine the banana slices and the coconut sugar in a zipper-lock bag, seal, and shake to coat evenly.

In a skillet over medium-high heat, warm the coconut oil, add the coated bananas and fry for about 2 mins on each side until nicely caramelized.

Serve two slices of French toast on each plate, topped with one-quarter of the caramelized bananas.

If desired, top with pure maple syrup

AVOCADO TOFU TOAST



PREP: 10 MINS | COOK: 10 MINS | TOTAL TIME: 20 MINS | SERVES: 1

AVOCADO TOFU TOAST

INGREDIENTS

TOFU

Extra-firm tofu, sliced ½ inch thick

1 tsp olive oil

1 tsp turmeric

Salt and pepper

TO ASSEMBLE

Any vegan bread

1 avocado, sliced

Chives, chopped

Salt and pepper

DIRECTIONS

Drain tofu and pat dry. Rub each with turmeric, salt, pepper. Slice the tofu.

On med-high heat, heat olive oil in your pan and add in the tofu slices.

Once the tofu is done, slice your avocado and chives to assemble.

VEGAN BREAKFAST SKILLET



PREP TIME: 5 MINS | COOK: 10 MINS | TOTAL: 15 MINS | SERVES: 1

VEGAN BREAKFAST SKILLET

INGREDIENTS

1 cup mushrooms, sliced

1 cup zucchini, diced

½ cup onion, red or white

½ cup green onion, chopped

Handful of fresh cilantro, chopped

½ red pepper, diced

1 tsp each garlic powder and chili powder

½ tsp cumin and paprika

Salt and pepper, to taste

Avocado and salsa, for topping

DIRECTIONS

Add everything to a skillet and cook over medium-high heat (add a few splashes of water if it starts to stick to the pan) until the veggies are softened and nicely browned, about 6-7 minutes.

Season with salt and pepper, top with avocado, salsa, extra chopped green onion and fresh cilantro and hot sauce if desired and serve right away.

Enjoy!

BLUEBERRY PANCAKES



PREP: 15 MINS | COOK: 10 MINS | TOTAL: 15 MINS | SERVES: 8 PANCAKES

BLUEBERRY PANCAKES

INGREDIENTS

1 flax egg (mix 1 tbsp ground flaxseed meal with 3 tbsp water)

1 cup gluten-free all-purpose flour

2 tsp baking powder

¼ tsp cinnamon

¼ tsp kosher salt

1 cup UFO® unsweetened hemp milk

1 tsp apple cider vinegar

1 tbsp maple syrup, plus additional for serving

2 tbsp coconut oil

1 cup fresh or frozen blueberries

DIRECTIONS

Start the flax egg (it needs to sit for 15 mins). Meanwhile, in a medium bowl, whisk together the gluten-free all-purpose flour, baking powder, cinnamon, and kosher salt.

In a separate bowl, pour in the UFO® unsweetened hemp milk, maple syrup, and oil. When the egg is done, add the egg. Stir the wet ingredients into the dry ingredients.

Lightly press a skillet with additional grapeseed or vegetable oil. Heat the skillet to medium heat. Pour the batter into small circles, and place blueberries on top. Cook the pancakes until the bubbles pop on the top and the bottoms are golden. Then flip them and cook until done.

Serve immediately with maple syrup.

HOT BREAKFAST OATMEAL



PREP: 5 MINS | COOK: 5 MINS | TOTAL: 10 MINS | SERVES: 2

HOT BREAKFAST OATMEAL

INGREDIENTS

1 cup old-fashioned rolled oats

1 cup UFO® unsweetened hemp milk

1 cup water

¼ tsp kosher salt

½ tsp ground cinnamon

1 tsp maple syrup

DIRECTIONS

Combine oats, UFO® unsweetened hemp milk, water, salt, and cinnamon in a medium saucepan. Bring to a boil, then reduce heat to low.

Simmer uncovered for 3 to 5 mins until thickened, stirring occasionally. Remove from heat and let cool slightly.

Divide equally between two bowls. Drizzle each serving with ½ maple syrup.

Add additional desired toppings and serve.



LUNCH RECIPES

VEGAN CORN CHOWDER



PREP: 5 MINS | COOK: 30 MINS | TOTAL: 35 MINS | SERVES: 2

VEGAN CORN CHOWDER

INGREDIENTS

2 tbsp olive oil	3 cups vegetable stock
½ white onion, diced	1 cup UFO® unsweetened hemp milk
1 red bell pepper, diced	1 tsp salt to taste
2 large stalks celery, diced	½ tsp black pepper
2 medium potatoes, diced	2 tbsp fresh chives, chopped
3 cups corn kernels	

DIRECTIONS

Heat the olive oil in a large saucepan on a medium heat. Dice the veggies.

Add the onion, bell pepper and celery and cook for about 5 mins to soften the vegetables. Stir every so often to prevent burning.

Add the remaining ingredients (except for the chives saving one cup of corn for later) and stir. Bring to a boil and then reduce the heat down to maintain a simmer. Stir occasionally and cook about 15 mins until the potatoes are soft.

Remove the pot from the heat and use an immersion blender or transfer the soup to a blender or food processor and puree until you reach your desired smoothness. Leave a few larger chunks or go super smooth.

If using a blender make sure not to fill up the blender more than halfway full and to be careful and open the lid away from your body.

Transfer the soup back to the pot and stir in the remaining corn kernels. Taste and season with a little more salt and pepper as needed.

Let the soup simmer for about 7-10 mins to thicken a little more. Stir in the chives and serve.

ONE PAN MEXICAN QUINOA



PREP: 5 MINS | COOK: 20 MINS | TOTAL: 25 MINS | SERVES: 4

ONE PAN MEXICAN QUINOA

INGREDIENTS

1 small red onion, chopped	1 tbsp paprika powder
3 cloves of garlic, minced	½ tbsp cumin
2 bell peppers, chopped	Juice of one lime
1 cup quinoa, uncooked	2 green onions
1 ½ cup vegetable broth	1 cup fresh parsley, chopped
3 cups canned diced tomatoes	Salt and black pepper, to taste
1 15 oz. can black beans, drained and rinsed	Red pepper flakes
2 cups frozen corn	1 avocado, to serve

DIRECTIONS

Heat some oil in a large pot or pan and sauté the onion for 2-3 mins or until it becomes translucent. Chop and mince the veggies.

Then add the garlic and the bell pepper and cook for another 2 mins on high heat.

Add the rest of the ingredients except for the lime juice, the green onions, and the parsley.

Cover with a lid and cook for 20 mins. As the temperature varies a bit, make sure to check once in a while that your quinoa is not burning or sticking to the bottom of the pan by stirring with a wooden spoon. If so, lower the heat.

Then stir in the lime juice, the green onions, the parsley and season with salt, pepper, and red pepper flakes. Serve with avocado on top.

SWEET POTATO BLACK BEAN CHILI



PREP: 10 MINS | COOK: 30 MINS | TOTAL: 40 MINS | SERVES: 6

SWEET POTATO BLACK BEAN CHILI

INGREDIENTS

1-2 tbsp olive oil	2 15-oz. cans black beans, drained and rinsed
1 medium onion, diced small	2 cups water
2 garlic cloves, minced	
1 large sweet potato, peeled and diced	
2 tbsp mild chili powder	Optional toppings
2 tsp cumin	1-2 chopped avocados
2 tsp smoked paprika	Cilantro, chopped
1 tsp salt	Green onions, chopped
28 oz. diced tomatoes	Vegan sour cream
	Vegan cornbread

DIRECTIONS

In a large pot over medium heat, add the olive oil. Dice the veggies.

Sauté the diced onion for 3-4 mins, until translucent, then add in the garlic and sweet potato and cook about 2 more mins.

Next add the chili powder, cumin, smoked paprika and salt. Stir into the vegetable mixture.

Pour in the diced tomatoes along with their juices, drained and rinsed black beans and the 2 cups of water. Stir to combine. Simmer the mixture, uncovered, for 20-25 mins.

Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired.

Serve with avocado chunks, cilantro, chopped green onions, vegan cornbread or vegan sour cream.

VEGAN TIKKA MASALA WITH CAULIFLOWER



PREP: 5 MINS | COOK: 20 MINS | TOTAL: 25 MINS | SERVES: 4

VEGAN TIKKA MASALA WITH CAULIFLOWER

INGREDIENTS

- 1 tbsp coconut oil
- 1 shallot, chopped
- 1 tbsp ginger, chopped
- 4 fat garlic cloves, roughly chopped
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp turmeric
- ½ tsp paprika or chili powder
- 1 tsp garam masala or curry powder
- 1 tsp salt
- 1 can diced tomatoes
- 1 cup UFO® unsweetened hemp milk
- 1 red bell pepper, diced
- 1 head cauliflower, sliced into 1 inch pieces
- Squeeze of lemon
- Cilantro for garnish
- 1 tsp mustard seeds, optional
- 1 tsp fennel seeds, optional
- 1 tsp fenugreek leaves, optional

DIRECTIONS

Heat oil in a large heavy bottom pot over medium high heat. Slice the veggies.

Add shallot, ginger and garlic, and reduce heat to medium to prevent burning, stirring frequently about 3 mins until fragrant and golden. Add spices, seeds and salt and lightly toast, while stirring 1-2 mins, which will enhance their flavor.

Add diced tomato, cook 2 more mins, then add the UFO® unsweetened hemp milk and stir to incorporate, bringing to a simmer. Add cauliflower and red bell pepper, give a stir, cover and let simmer 10-12 mins on medium low heat. Check the cauliflower, it should be just tender, and continue cooking uncovered until desired tenderness.

Taste, add a squeeze of lemon juice. Add more salt if necessary.

Serve in bowls over brown rice or with naan. Garnish with cilantro.

SALAD SPRING ROLLS



PREP: 10 MINS | TOTAL TIME: 10-15 MINS | SERVES: 8

SALAD SPRING ROLLS

INGREDIENTS

8 rice paper wrappers

8 lettuce leaves

1 medium red bell pepper, thinly sliced

2 medium carrots, thinly sliced

1 cup red cabbage, thinly sliced

A handful of fresh cilantro

A handful of fresh basil

3 oz. brown rice vermicelli noodles, cooked (follow instructions on package)

Peanut sauce for dipping

DIRECTIONS

Prepare all of your vegetables and arrange them buffet style so that they are all ready to go. Feel free to add any additional vegetables that you enjoy.

Begin by softening the rice paper, one at a time, in a large bowl filled with warm water for about 5 to 10 seconds each. Remove rice paper from water and lay on a flat surface.

Beginning at one end of the rice paper, layer your vegetables beginning with the lettuce first and then adding the cabbage, bell pepper, carrot, rice vermicelli noodles, cilantro and basil on top. Gently fold rice paper end over the veggies once and then tuck in the edges. Once edges are tucked, continue rolling and tucking in edges as tightly as you can without ripping the paper until the seam is sealed.

Serve immediately with peanut sauce!

WILD RICE BURRITO BOWL



PREP: 8 MINS | TOTAL TIME: 8 MINS | SERVES: 4

WILD RICE BURRITO BOWL

INGREDIENTS

FOR THE BURRITO BOWL

1½ heaping cups iceberg lettuce,
chopped

½ cup organic wild rice, cooked

OPTIONAL TOPPINGS

2 tbsp salsa

2 tbsp corn

2 tbsp refried beans

¼ avocado, sliced or diced

Roasted chickpeas

FOR THE DRESSING

¾ cup UFO® unsweetened hemp milk

2 tbsp olive oil

¾ ripe avocado, diced

1 green onion, sliced

1 tbsp fresh cilantro, chopped

1 small clove garlic, minced

1 tbsp lime juice

½ tsp lime zest

¼ tsp each salt, freshly ground pepper,
ground cumin and chili powder

DIRECTIONS

Chop the iceberg lettuce, slice the avocado, green onion and mince the clove garlic.

To assemble the bowl: Add the lettuce to the bottom of a serving bowl, add rice and other desired ingredients and then sprinkle with avocado dressing with cilantro and lime.

For the dressing: In a blender, combine UFO® unsweetened hemp milk, olive oil, avocado, green onion, coriander, garlic, lime juice, lime zest, salt, pepper, and cumin; mix until smooth.

Refrigerate until serving.

LENTIL SHEPARD'S PIE



PREP: 10 MINS | COOK: 20 MINS | TOTAL: 30 MINS | SERVES: 4

LENTIL SHEPARD'S PIE

INGREDIENTS

4 medium sweet potatoes	2 tbsp soy sauce
½ cup onions, diced	1 tbsp basil + more for garnish
½ cup celery, diced	½ cup spinach, chopped
½ cup carrots, diced	3 tbsp UFO® unsweetened hemp milk
4 ½ cups prepared lentils	Sea salt
2 15 oz. cans tomatoes, diced	

DIRECTIONS

Peel and cut the sweet potatoes into small pieces. Put them in a pot of water and let them boil for at least 15-20 mins, depending on the size.

Meanwhile, cut the carrots, onion, and celery into small pieces. Add this to a large skillet over medium heat with a tbsp of water and allow to soften.

Once the vegetables soften, add the prepared lentils to the pan. You can use any type of lentils. Set aside to cool.

Preheat the oven to 350° F. Open the cans of diced tomatoes (but do not drain them) and add them together with a tbsp of chopped (or dried) basil leaves, a handful of chopped spinach and some soy sauce. Let this filling simmer for 10-15 mins for the flavors to mix.

When the sweet potatoes are completely soft, remove them from the heat and drain the water. Mash with a little salt and UFO® unsweetened hemp milk until the consistency is perfect.

Add the lentil filling to a 9 x 13 pan and cover with a layer of sweet potatoes. You can add to individual bowls suitable for baking. Bake in the oven for about 20 mins until the coverage is lightly browned.

Let it cool before serving.

ZUCCHINI SOUP



PREP: 10 MINS | COOK: 25 MINS | TOTAL: 35 MINS | SERVES: 2

ZUCCHINI SOUP

INGREDIENTS

1 tbsp olive oil

1 onion, sliced

1 garlic clove, minced

1 cup frozen green peas

400 g (14 oz.) zucchini, roughly chopped

1 vegetable stock cube

Salt and pepper, to taste

Few sprigs fresh mint, to taste

DIRECTIONS

Heat oil in a large pan and add the onion and garlic once hot. Cook on a low heat, stirring occasionally until softened (about 10 mins).

Roughly chop the zucchini.

Add the green peas, zucchini, stock cube and salt + pepper, along with 600 ml (2 ½ cups) water.

Bring to the boil then simmer on a low heat for around 10 mins until all vegetables are cooked through - the zucchini should be soft enough to easily pierce with a fork.

Turn off the heat, add the mint and use either a food processor, blender or hand-held stick blender to blend until it becomes a smooth liquid (add some more water if it's too thick at this stage).

Taste and add extra salt if necessary. Transfer the soup back to the saucepan to warm up if you like. Serve into bowls.

GRILLED CORN SALAD



PREP: 15 MINS | COOK: 10 MINS | TOTAL: 25 MINS | SERVES: 6

GRILLED CORN SALAD

INGREDIENTS

- 3 cups ears of corns
- 1 small green bell pepper, diced
- 1 small yellow bell pepper, diced
- 2 cans black beans, rinsed and drained
- 2 cups cherry tomatoes, halved
- 1 small red onion, diced
- 2 avocados, peeled and cubed (optional)
- ¼ cup cilantro, chopped
- 1 batch avocado cilantro lime dressing

DIRECTIONS

Prepare and preheat your grill to high heat. Lightly spray the grill.

Place the corn on the grill and let it sit until one side starts to blacken. Turn to char the remaining sides. Remove when all sides are somewhat charred, and the corn is cooked throughout. This could take about 8-10 mins.

When the corn is cool enough to handle, slice the kernels off the cob and place into a large bowl.

Dice all the bell peppers. Now place all the veggies in the large bowl with the corn (except the avocado). Sprinkle with salt & pepper and toss to combine.

Pour dressing over veggies and toss to combine. Now add avocado and toss gently so they don't mash together. Taste for seasoning add as needed.

Serve immediately. Enjoy!

QUINOA-STUFFED AVOCADOS



PREP: 10 MINS | TOTAL: 10-20 MINS | SERVES: 1

QUINOA-STUFFED AVOCADOS

INGREDIENTS

2 avocados, pitted

1 cup cooked quinoa

1 can black beans, drained and rinsed

2 scallions, sliced

1 red bell pepper, chopped

1 cup corn (fresh, frozen, or canned)

2 tbsp extra virgin olive oil

Juice of 2 limes

Kosher salt

DIRECTIONS

Slice the scallions and chop the bell peppers.

Remove the avocados, leaving a small edge. Dice the avocado and set aside.

Prepare a quinoa salad: in a large bowl, combine quinoa, beans, scallions, peppers, and corn. Add olive oil and lime juice and stir to combine. Season with salt.

Divide the salad between 4 halves of avocado.



SMOOTHIE RECIPES



MANGO CHIA SEED SMOOTHIE



PREP: 10 MINS | TOTAL: 10 MINS | SERVES: 2

MANGO CHIA SEED SMOOTHIE

INGREDIENTS

2 tbsp chia seeds

1 ½ cups UFO® vanilla hemp milk, divided

1 cup frozen mango chunks

1 cup pear chunks

1 cup peach chunks

2 tbsp ground flax seeds (optional)

DIRECTIONS

In a small bowl, add chia seeds, flax seeds and ½ cup of UFO® vanilla hemp milk. Give it a good whisk, until thoroughly combined. Cover and let set in the fridge for about 10 mins.

Add remaining 1 cup of UFO® vanilla hemp milk to a blender. Blend until smooth, scraping down the sides of the blender as need.

Add mangoes, pear and peach, blend until smooth.

Take the chia seed mixture out of the fridge, it should have thickened to a gel-like consistency.

Give it another good whisk. Using a rubber spatula or spoon, scrape the chia seed mixture out of the cup and into the blender.

Blend until smooth.

Pour into cups and enjoy immediately!

PEANUT BUTTER SMOOTHIE



PREP: 5 MINS | TOTAL: 5 MINS | SERVES: 1

PEANUT BUTTER SMOOTHIE

INGREDIENTS

1 cup UFO® vanilla hemp milk

1 tbsp protein powder (or chocolate powder)

2 bananas

2 tbsp chia seeds (optional)

2 tbsp ground flax seeds

¼ cup oats (optional)

2 tbsp peanut butter (crunchy or creamy)

Topping: chia seeds and dark chocolate chunks

DIRECTIONS

Peel and roughly chop the bananas, then put them in a high bowl.

Add UFO® vanilla hemp milk, peanut butter, protein powder, oats and chia seeds.

Mix everything.

Add more UFO® vanilla hemp milk, if necessary, until the desired consistency is obtained.

Top with chia seeds and dark chocolate chunks.

Serve chilled and enjoy!

BLUEBERRY OATS SMOOTHIE



PREP: 5 MINS | TOTAL: 5 MINS | SERVES: 1

BLUEBERRY OATS SMOOTHIE

INGREDIENTS

- 1 large ripe banana, sliced
- 1 cup blueberries, frozen
- ½ cup UFO® vanilla hemp milk
 - ¼ cup oats
 - 2 tsp agave
 - 2 tbsp chia seeds
 - 2 tbsp flax seeds
- 1 cup of pure water
- 3-6 ice cubes

DIRECTIONS

Pour water and UFO® vanilla hemp milk into the blender.

Place the banana on the bottom with the frozen berries, oats, agave, chia seeds, flax seeds and ice on top.

Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

Serve and enjoy!

PUMPKIN SPICE SMOOTHIE



PREP: 5 MINS | TOTAL: 5 MINS | SERVES: 2

PUMPKIN SPICE SMOOTHIE

INGREDIENTS

- ½ cup canned pumpkin
- 1 frozen banana
- 1 cup UFO® vanilla hemp milk
- ¼ tsp vanilla
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- Pinch of allspice
- ½ cup ice
- 1 tbsp maple syrup, to taste

DIRECTIONS

Puree all ingredients in a blender until smooth.

Top with cinnamon powder.

Serve and enjoy!

KALE PINEAPPLE SMOOTHIE



PREP: 5 MINS | TOTAL: 5 MINS | SERVES: 1

KALE PINEAPPLE SMOOTHIE

INGREDIENTS

2 cups kale leaves, chopped and stems removed

2 cups spinach leaves, chopped

¾ cup UFO® vanilla hemp milk

¼ cup frozen pineapple pieces

¼ cup peach pieces

DIRECTIONS

Place all the ingredients in a blender.

Blend until smooth.

Serve immediately. Enjoy!

PINEAPPLE PARADISE SMOOTHIE



PREP: 3 MINS | TOTAL: 3 MINS | SERVES: 2

PINEAPPLE PARADISE SMOOTHIE

INGREDIENTS

1 cup UFO® vanilla hemp milk

2 cups frozen pineapple chunks thawed

1 cup mango chunks

1 cup peach chunks

2 cups spinach

1 piece ginger root

½ cup ice cubes

Topping: coconut flakes

DIRECTIONS

Combine all ingredients in a blender.

Blend until smooth.

Top with pineapple chunks or coconut flakes (if desired)

Serve and enjoy!

BANANA COCOA SMOOTHIE



PREP: 5 MINS | TOTAL: 5 MINS | SERVES: 1

BANANA COCOA SMOOTHIE

INGREDIENTS

1 banana

1 tbsp chocolate protein powder

½ cup UFO® vanilla hemp milk

2 tbsp chia seeds

¼ cup oats

5-6 Ice cubes

Topping: vegan unsweetened cocoa powder

DIRECTIONS

Peel the banana and cut it into slices.

Put the banana slices, UFO® vanilla hemp milk, chocolate protein powder, and 5-6 ice cubes in the blender and mix everything until you obtain a creamy and homogeneous smoothie.

Pour into a tall glass, sprinkle with cocoa powder for decoration.

Serve and enjoy!

MATCHA GREEN TEA SMOOTHIE



PREP: 5 MINS | TOTAL: 10 MINS | SERVES: 2

MATCHA GREEN TEA SMOOTHIE

INGREDIENTS

1 large mango (fresh or frozen)

2 frozen bananas

2 large handfuls baby spinach

2 tsp matcha green tea powder

1 cup UFO® vanilla hemp milk

DIRECTIONS

Add the UFO® vanilla hemp milk to your blender jug, followed by the matcha green tea powder and spinach. Blend.

Add the mango and frozen bananas and blend until creamy and smooth.

Serve and enjoy!



DESSERT RECIPES

A close-up photograph of a plate of chocolate brownies. The brownies are stacked and garnished with fresh orange slices, pecans, and chocolate shavings. A silver spoon with an ornate handle is placed on the right side of the plate. The plate is light blue with a white rim.

CLASSIC PEANUT BUTTER COOKIES



PREP: 10 MINS | COOK: 18 MINS | TOTAL: 28 MINS | SERVES: 24-28 COOKIES

CLASSIC PEANUT BUTTER COOKIES

INGREDIENTS

DRY INGREDIENTS

1 ½ cups gluten-free all-purpose flour

1 tsp baking soda

½ tsp baking powder

¼ tsp salt

WET INGREDIENTS

¼ cup UFO® unsweetened hemp milk

1 cup peanut butter, unsalted and unsweetened

½ cup almond butter

½ cup coconut sugar

1 tsp vanilla extract

DIRECTIONS

Preheat oven to 350°F.

In a medium bowl, mix all dry ingredients and stir to combine. In a large bowl, mix peanut butter and almond butter at room temperature with an electric or standing mixer.

Add coconut sugar to the peanut butter mixture and continue mixing until combined. Add ¼ cup UFO® unsweetened hemp milk and vanilla extract and mix once more.

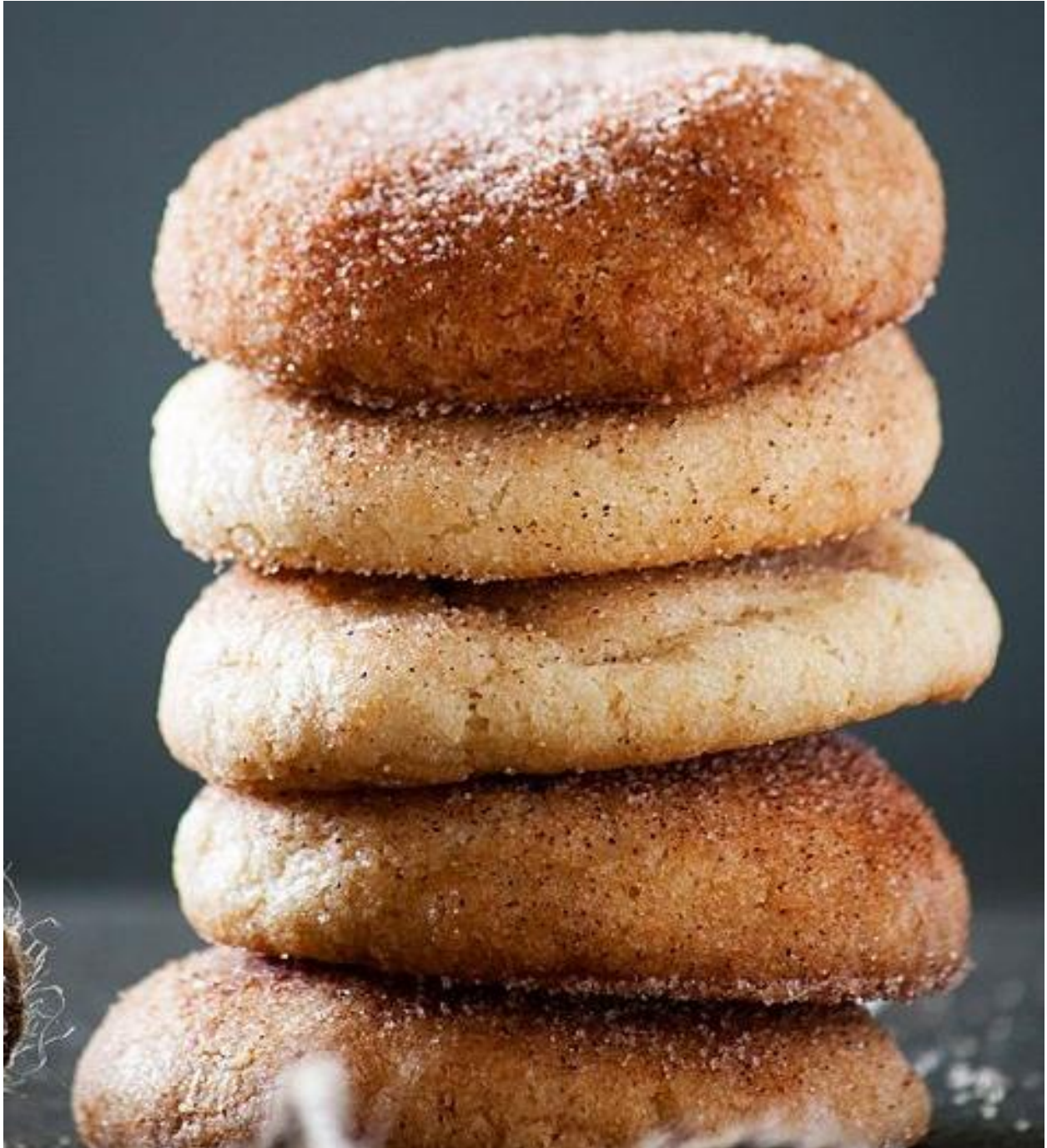
Add the dry ingredient mixture to the wet one and mix until completely incorporated. To make these large and thick dough balls, take out 3 tbsp and place them on a baking sheet lined with parchment.

With a fork, gently press a crisscross pattern on the top of the cookies. As you press, they will flatten a little, but make sure they remain relatively thick.

Bake in preheated oven for 15-18 mins, or until the edges are firm and the bottoms are golden brown. Let cool in the pan for 5-10 mins, then transfer it to the wire cooling rack to finish cooling.

Serve and Enjoy!

VEGAN SNICKERDOODLES



PREP: 10 MINS | COOK: 18 MINS | TOTAL: 28 MINS | Servings: 15

VEGAN SNICKERDOODLES

INGREDIENTS

1 ½ cup gluten-free all-purpose flour	½ cup coconut oil
½ tsp baking soda	1 ripe banana
¼ tsp baking powder	1 tsp vanilla extract
½ tsp salt	¼ cup coconut sugar (for coating)
¾ cup coconut sugar	½ tbsp cinnamon (for coating)

DIRECTIONS

Preheat oven to 375°F. Line two baking sheets with parchment paper.

In a medium bowl, mix the flour, baking soda, baking powder, and salt. Set aside.

In a medium bowl of an electric stand mixer equipped with the paddle attachment, coconut oil cream, and sugar until it is soft and fluffy. Add the mashed bananas and vanilla. Mix until incorporated.

Add your dry ingredients to your wet ingredients and mix with a wooden spoon until a dough forms. To make your coating, mix your ¼ cup of coconut sugar with ½ tablespoon of cinnamon in a small bowl.

Use a teaspoon or a small scoop of ice cream to scoop out the dough and form balls. Roll in cinnamon sugar. Add parchment paper to a baking sheet and place balls on it.

Bake in preheated oven for about 10 minutes or until golden brown. Do not bake excessively, they should still feel soft in the middle.

Remove from the oven and let stand on the baking sheet for 2 minutes. Place on a rack to cool.

Store in an airtight container.

CHOCOLATE CHIP COOKIES



PREP: 10 MINS | COOK: 10 MINS | TOTAL: 35 MINS | SERVES: 16 COOKIES

CHOCOLATE CHIP COOKIES

INGREDIENTS

½ cup coconut oil, solid	2 and ¼ cups gluten-free all-purpose flour
1 and ¼ cups coconut sugar, packed	1 tsp baking soda
2 tsp vanilla extract	½ tsp salt
¼ cup UFO® vanilla hemp milk	2 cups sugar-free vanilla extract, divided
¼ cup unsweetened applesauce	Flaky sea salt, optional

DIRECTIONS

Preheat the oven to 375°F. Set aside a large baking sheet lined with parchment paper.

In a large bowl, mix coconut oil, coconut sugar, and vanilla, whisking until well combined. Add UFO® vanilla hemp milk and applesauce and beat until well combined; set aside. In a separate bowl, combine the flour, baking soda and salt; beat well to combine.

Add the dry ingredients to the wet mixture and, with a wooden spoon or a very strong spatula, stir until the ingredients combine. The dough will be very thick! Stir in 1 and a quarter of the chocolate chips.

Place three piles of spoon-size dough on the prepared cookie sheet, leaving a few centimeters between each cookie spread. Bake for 9 to 10 minutes, or until the edges are golden brown and the centers have hardened.

Press the rest of the chocolate chips on the warm cookies and sprinkle with sea salt, if using. Chill the cookies on the baking sheet for 15 minutes before transferring them to a cooling rack.

FRESH CRANBERRY RELISH



PREP: 5 MINS | TOTAL: 5 MINS | SERVES: 6

FRESH CRANBERRY RELISH

INGREDIENTS

1 lb. cranberries

1 cup coconut sugar

Juice and zest of 1 orange, plus more serving (optional)

Juice and zest of ½ lemon

¾ tsp kosher salt

¼ tsp cinnamon

DIRECTIONS

Combine all ingredients in a food processor and press until the berries break down.

Refrigerate until ready to serve.

Serve and enjoy.